



MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES
BUREAU OF COMMUNITY FOOD AND NUTRITION ASSISTANCE
CHILD AND ADULT CARE FOOD PROGRAM
MENU – USDA REQUIREMENTS

NAME OF CENTER/FACILITY Advanced Eat Smart Center #12

WEEK OF Week 1

YEAR 2014

	DATE	DATE	DATE	DATE	DATE
BREAKFAST				Toasted Cheese	Ham Biscuits
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 5x whole, 1x fresh F/V	Strawberries- fresh	Pears- canned, unsweetened	Peaches- canned, unsweetened	Applesauce- unsweetened	Pineapple- canned, unsweetened
Grains/Bread Component 4x Whole Grain, 0x sweet	Cheerios cereal (WG)	French Toast	Whole Grain Cream of Wheat (WG)	Whole Wheat Toast (WG)	Whole Wheat Biscuits (WG)
Other Foods 2x Meat/Meat Alternate		**no syrup**		Sliced Cheese	Ham
LUNCH	Mexican Cornbread Casserole	Tater Tot Casserole	Bean and Cheese Burrito (HM)	Beanie Weanies	Upside Down Pizza Casserole
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables	Corn- frozen	Tater Tots- frozen	Peas- canned	Mixed Vegetables- canned	Corn- canned
3x fresh	Spinach Salad- fresh	Mixed Vegetables- canned	Pears- canned, unsweetened	Diced Potatoes- fresh	Apple Slices- fresh
Grains/Bread Component 4x Whole Grain	Cornbread	Whole Wheat Bread (WG)	Whole Wheat Tortilla (WG)	Whole Wheat Bread (WG)	Whole Wheat Biscuits (WG)
Meat or Meat Alternate 1x highly processed	Ground Beef, Cheese	Ground Beef, Cheese	Black Beans, Cheese	Hot Dogs	Ground Beef, Cheese
Other Foods					
SUPPLEMENT <i>Serve 2 of 4 choices.</i>	Cheese Crackers		Trail Mix		
Fluid Milk					
Juice, Fruit, or Vegetable 3x whole fruits/vegetable		Strawberries- fresh	100% Apple Juice	Banana Slices- fresh	Spinach Artichoke Dip (HM)
Grains/Bread Component 2x Whole Grain, 0x sweet	Whole Wheat Saltine Crackers (WG)		Cheerios cereal (WG), Pretzels, Cheez Its	Animal Crackers	Whole Wheat Saltine Crackers (WG)
Meat or Meat Alternate 2x Meat/Meat Alternate	Sliced Cheese	Yogurt			
Other Foods					



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WEEK OF Week 2

YEAR 2014

	DATE	DATE	DATE	DATE	DATE
BREAKFAST	Strawberry Waffles	Egg and Cheese Burrito	Parfait		
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 5x whole, 1x fresh F/V	Strawberries- fresh	Pears - canned, unsweetened	Mixed Berries- frozen, unsweetened	Peaches- canned, unsweetened	Pineapple - canned, unsweetened
Grains/Bread Component 4x Whole Grain, 0x sweet	Whole Wheat Waffles (WG)	Whole Wheat Tortilla (WG)	Cheerios cereal (WG)	Grits	Whole Wheat Toast (WG)
Other Foods 2x Meat/Meat Alternate	**no syrup**	Egg, Cheese	Yogurt		
LUNCH	Turkey Tetrzzini	Grilled Cheese Sandwich	Chili	Chicken Teriyaki	Vegetable Frittata
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables	Mixed Vegetables- canned	Green Beans- canned	Corn- canned	Mixed Vegetables- canned	Zucchini, Mushrooms- fresh
4x fresh	Applesauce- unsweetened	Orange Wedges- fresh	Diced Sweet Potatoes- fresh	Pears- canned, unsweetened	Strawberries- fresh
Grains/Bread Component 4x Whole Grain	Whole Wheat Spaghetti (WG)	Whole Wheat Bread (WG)	Cornbread	Brown Rice (WG)	Whole Wheat Bread (WG)
Meat or Meat Alternate 0x highly processed	Turkey, Cheese	Cheese	Ground Beef, Chili Beans	Chicken	Eggs, Cottage Cheese
Other Foods					Shredded Cheese
SUPPLEMENT <i>Serve 2 of 4 choices.</i>		Sunflower Butter and Banana Sandwich	Cheese Quesadilla		
Fluid Milk				1% Milk	
Juice, Fruit, or Vegetable 3x whole fruits/vegetable	Orange Wedges- fresh	Banana Slices- fresh			Apple Slices- fresh
Grains/Bread Component 2x Whole Grain, 1x sweet	Cheez Its	Whole Wheat Bread (WG)	Whole Wheat Tortilla (WG)	Pumpkin Bread (sweet)	Mini Pretzels
Meat or Meat Alternate 2x Meat/Meat Alternate		Sunflower Seed Butter	Cheese		
Other Foods					

MO 580-1463 (6-04)

*Sweet Snack includes sweet items and grain-based snack chips/croissants

**WG = whole grain

***HM = home made

CACFP-218



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WEEK OF Week 3

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	DATE	DATE	DATE	DATE	DATE
BREAKFAST				Strawberry Oatmeal	Toasted Cheese
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 5x whole, 2x fresh F/V	Banana Slices- fresh	Pears- canned, unsweetened	Pineapple- canned, unsweetened	Strawberries- fresh	Applesauce- unsweetened
Grains/Bread Component 3x Whole Grain, 1x sweet	Cheerios cereal (WG)	English Muffin	Bran Muffins (sweet)	Oatmeal (WG)	Whole Wheat Toast (WG)
Other Foods 2x Meat/Meat Alternate			Cottage Cheese		Sliced Cheese
LUNCH	Vegetable Beef Soup (HM)	Shepherd's Pie	Cheesy Cornbread Casserole	Turkey Sloppy Joes (HM)	Pagogi
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables	Mixed Vegetables- canned	Diced Potatoes- fresh	Corn- frozen	Broccoli- fresh	Green Beans- canned
3x fresh	Pears- canned, unsweetened	Applesauce- unsweetened	Spinach Salad- fresh	Pineapple- canned, unsweetened	Peaches- canned, unsweetened
Grains/Bread Component 4x Whole Grain	Whole Wheat Saltine Crackers (WG)	Whole Wheat Bread (WG)	Cornbread	Whole Wheat Bread (WG)	Brown Rice (WG)
Meat or Meat Alternate 0x highly processed	Ground Beef	Ground Beef	Ground Beef, Cheese	Ground Turkey	Beef Strips
Other Foods				Sloppy Joe Sauce	
SUPPLEMENT <i>Serve 2 of 4 choices.</i>			Cheese Sandwich	Banana Graham Sandwich	
Fluid Milk		1% Milk		1% Milk	
Juice, Fruit, or Vegetable 3x whole fruits/vegetable	Apple Slices- fresh			Banana Slices- fresh	Pineapple- canned, unsweetened
Grains/Bread Component 2x Whole Grain, 0x sweet		Animal Crackers	Whole Wheat Bread (WG)	Whole Wheat Graham Crackers (WG)	
Meat or Meat Alternate 3x Meat/Meat Alternate	Sunflower Seed Butter		Sliced Cheese		Cottage Cheese
Other Foods					

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WEEK OF Week 4

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	DATE	DATE	DATE	DATE	DATE
BREAKFAST				Apple Pancakes	Fruity Burrito
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 5x whole, 3x fresh F/V	Orange Wedges- fresh	Pears- canned, unsweetened	Bananas- fresh	Applesauce- unsweetened	Strawberries- fresh
Grains/Bread Component 3x Whole Grain, 0x sweet	Corn Flakes cereal	Whole Wheat Biscuits (WG)	Whole Wheat Toast (WG)	Pancakes	Whole Wheat Tortilla (WG)
Other Foods 2x Meat/Meat Alternate			Scrambled Eggs	**no syrup**	Yogurt
LUNCH	Turkey Meatloaf (HM)	Spaghetti with Meat Sauce	Chicken Quesadilla	Hamburger Macaroni and Cheese (HM)	Cheesy Chili Pie
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables	Diced Sweet Potatoes- fresh	Broccoli- fresh	Green Beans- canned	Corn- canned	Mixed Vegetables- canned
3x fresh	Green Beans- canned	Peaches- canned, unsweetened	Pineapple- canned, unsweetened	Pears- canned, unsweetened	Apple Slices- fresh
Grains/Bread Component 5x Whole Grain	Whole Wheat Bread (WG)	Whole Wheat Spaghetti (WG)	Whole Wheat Tortilla (WG)	Whole Wheat Elbows (WG)	Whole Wheat Bread (WG)
Meat or Meat Alternate 0x highly processed	Ground Turkey	Ground Beef	Chicken, Cheese	Ground Beef, Cheese	Ground Beef, Cheese
Other Foods		Spaghetti Sauce			
SUPPLEMENT <i>Serve 2 of 4 choices.</i>					
Fluid Milk		1% Milk			
Juice, Fruit, or Vegetable 3x whole fruits/vegetable	Apple Slices- fresh		Strawberries- fresh	Orange Wedges- fresh	
Grains/Bread Component 2x Whole Grain, 0x sweet		Mini Pretzels	Whole Wheat Graham Crackers (WG)	Cheez Its	Whole Wheat Saltine Crackers (WG)
Meat or Meat Alternate 2x Meat/Meat Alternate	Sliced Cheese				Hardboiled Eggs
Other Foods					